

# Senior Nutrition

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# Central District Health Department

## The Meal Times

### Easter Meal Delivery Brightens Day For Seniors

In what has become an Easter tradition, 53 volunteers delivered 202 hot meals to Meals On Wheels clients Easter Sunday April 16<sup>th</sup>. The volunteers gathered at the Boise Senior Activities Center to pick up the meals and headed out on their delivery routes throughout Ada County.

Easter provides a rare opportunity for seniors to receive a nutritious, hot meal on the weekend. Meals On Wheels clients normally have the option of receiving frozen meals for weekends.



*Clarence Mueller gets his Easter Meal from  
Meals on Wheels board member Mike Fritz*

The special Easter meal included savory baked ham in pineapple sauce, mixed vegetables, yummy potatoes, a dinner roll, milk, and cherry cheesecake for dessert. The cold items were packaged in bags decorated by McKinley Elementary School students and friends and family of Jeannette Tanner, Senior Nutrition Food Service Operations Manager. The Mountain Home Girl Scout Service Unit donated Girl Scout cookies that were included as a special treat in each of the bags.

We would like to extend a special thank you to all the volunteers who helped to brighten the day for our seniors.

### Mayors For Meals Delivers



*Mayor Dean Obray - Kuna*

Five local mayors and one City Council President recently showed their support of the Meals On Wheels program by participating in the National "Mayors For Meals Day" March 22<sup>nd</sup>. The idea behind Mayors For Meals is to raise awareness of the needs of seniors by involving hundreds of mayors from around the country in the delivery of meals in their communities. A total of 462 mayors participated in the nationwide event.



Locally, Kuna Mayor Dean Obray, Garden City Mayor John Evans, Eagle Mayor Nancy Merrill, Glenns Ferry Mayor JoAnn Lanham and Mountain Home Mayor Joe McNeal participated. Star City Council President Chad Bell filled in for Mayor Nathan Mitchell.

We would like to thank all the mayors who participated!

*Mayor Nancy Merrill - Eagle*



## SENIOR NUTRITION PROGRAM

**Meals On Wheels**  
707 N Armstrong Pl  
Boise ID 83704 • 327-7460

**Angela Spain**  
Program Manager  
327-8544

**Cheryl Johnson**  
Comm. Meals Services Supervisor  
327-8552

**Pamela Sparks**  
Administrative Assistant  
327-7460

**Norma Russell**  
Administrative Assistant  
327-8609

### DINING SITE LOCATIONS:

*(Meals served at noon)*  
Star Senior Center  
Wed & Fri  
102 S. Main Street  
Star, ID 83669  
286-7943

Garden City Senior Center  
Wed & Fri  
3858 Reed  
Garden City, ID 83714  
336-8122

Mt. Home Senior Center  
Mon, Wed, Fri  
1000 N. 3rd, East  
Mt. Home, ID 83647  
587-4562

Glenns Ferry Senior Center  
Mon, Tue, Thu  
510 E. Cleveland  
Glenns Ferry, ID 83623  
366-2051

Boise Senior Center  
Mon thru Fri  
690 Robbins Rd.  
Boise, ID 83702  
345-9921

Kuna Senior Center  
Mon, Wed, Fri  
299 Avenue B  
Kuna, ID 83634  
922-9714

Meridian Senior Center  
Mon thru Fri  
133 Broadway  
Meridian, ID 83642  
888-5555

Samaritan Village Apts.  
Mon thru Fri  
3350 Collister  
Boise, ID 83703  
343-9504

Northgate Senior Village  
Mon thru Fri  
5901 Ellens Ferry Way  
Boise, ID 83703  
853-8448

Eagle Senior Center  
Tues & Thurs  
312 E. State St.  
Eagle, ID 83616  
939-0475

## Volunteer Spotlight

Ellen  
Keifer



Ellen Keifer

Sometimes volunteering can be just as good for the driver as the recipients of Meals On Wheels. That's the story for Ellen Keifer, who's been helping deliver meals since the fall of 2001.

Ellen used to work in the banking industry and later was a dress buyer for Macy's. Ellen loved all the interaction with other people. But back in the mid-80s she was diagnosed with epilepsy and though doctors tried to relieve the symptoms with surgery in 1991, it wasn't completely successful. The surgery left Ellen with short-term memory problems and forced her to quit working.

The Meals On Wheels program has provided Ellen with an opportunity to interact with people again in a very special way.

"My husband and I substitute on about six different routes." Ellen reported in a recent letter to the Meals On Wheels program. "Jack is the driver, and I have the best job of delivering the meals to the door and talking to the lovely people that need our service. They are always glad to see us. It's easy to put a smile on their faces because they also put one on mine."

Thanks Ellen and Jack for all your contributions to the Meals On Wheels program.

With summer approaching many of our regular drivers will be taking vacations. If you are interested in becoming a volunteer Meals On Wheels driver please contact Cheryl Johnson at 327-8552. Another great way to help the program is to sign up a team of co-workers so you can share a delivery route.

## Donate Online at CDHD Website

Now it's easier than ever to donate to the Meals On Wheels program, just go online to the Central District Health Department website [www.cdhd.idaho.gov](http://www.cdhd.idaho.gov).

Meals On Wheels has partnered with Access Idaho, the company that provides most of the web-based services for the State of Idaho, to create a special donation page that is easy to use, confidential and secure.

Donating to Meals On Wheel is more important than ever. The program recently received notice of the federal and state grants that provide support of the program and unfortunately those grants will again fall short of covering the cost of producing meals.

Every meal costs about \$5.00 to produce. Though program participants are asked to make a \$3.00 donation for each meal, the average donation is only about a dollar. The difference is made up through direct donations from supporters and by general fund monies of the Health District.

Online donations are just one more way for you to make a difference in the lives of seniors in our communities.

# Thank You For Your Donations!

5th Street Salon  
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Berkeley or Cathy Fraser  
Gloria Freeman  
James Frisch  
Mike Fritz  
Mark Frost  
Diane Gardner  
Cecelia Gassner  
Aundrea Gates  
Sherrill Geddes  
General Nutrition Center  
Jane Gennrich  
Thelma George  
Stanley or Susan Gibson  
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 Suzanne Lowman  
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 Shaunna Messman  
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## Recipient Spotlight

### Marjorie Ridge

It's an exciting and happy time when daily meals are delivered at Marjorie Ridge's home. Her small dog Rowdy, dances around your legs and begs to be petted and played with. Within minutes, he has everyone smiling and laughing with his antics.



Marjorie, who is seventy-one-years-old, has been receiving hot, nutritious meals from the Meals On Wheels program since July 2004. She said she really likes the drivers who deliver her meals. She fondly calls one couple that delivers her meals "grandma and grandpa". "They're real friendly and they've been delivering meals to me almost since I started in the program."

Her brother Paul, who recently moved in to help care for her, is grateful for the service as well. "It's great to know she'll receive a good hot meal with milk every day."

Marjorie says she likes the convenience of receiving a meal around noon each day. "The meals always taste so good. I love the fried chicken, the fruit and especially the desserts."

Marjorie is like a lot of the more than 500 Meals On Wheels clients in Ada and Elmore counties. Maybe you know someone who would qualify for the program. Have them call 327-7460 to get enrolled. It usually only takes a couple of days from that first phone call to the first meal delivery.

### "Outreach to our Elderly"

The Meals On Wheels program continues its partnership with the Idaho Statesman's "Outreach to our Elderly" program, in which they solicit subscribers to donate their newspaper while they are on vacation, or donate directly to the Meals On Wheels program. We currently deliver 240 papers a day to participants in Ada and Elmore counties.

#### Meals On Wheels Program Board of Directors

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### America's Aging Population

The population of older Americans is on the threshold of a boom according to the United States Census Bureau. The Bureau projects the number of older Americans will double by 2030, increasing from 35 million today to 72 million, and representing nearly 20 percent of the total U.S. population.

Here's a snapshot of the current population of older Americans:

- Life expectancy continues to increase, rising from 47.3 years in 1900 to 76.9 years today.
- About 80 percent of seniors have at least one chronic health condition and 50 percent have at least two.
- Women receive lower retirement benefits than men. In 1999 women aged 65 and over received \$8,224 annually in pension income compared to \$14,046 for men.
- Poverty rates differ by age and sex among older Americans, but generally a larger percentage of older women tend to live in poverty than older men, 13 percent compared to 7 percent.
- In 2003 about 70 percent of all older men and women had high school educations. Older men are more likely to have a college education than older women, 23 percent to 13 percent.
- In 2003, non-Hispanic Whites accounted for nearly 83 percent of the older population. Blacks, Asians, and Hispanics accounted for 8 percent, 3 percent and 6 percent respectively.
- Projections indicate that by 2030, the composition of the older population will be more diverse: 72 percent non-Hispanic White, 11 percent Hispanic, 10 percent Black and 5 percent Asian.

Source: 65+ in the United States: 2005, U.S. Census Bureau



Central District Health Department  
Senior Nutrition  
707 N. Armstrong Pl.  
Boise, ID 83704-0825

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## May is Older Americans Month

America's aging population reached a turning point in 2006. One of the nation's largest generations, the baby boomers, started turning 60. The United States Census Bureau projects the number of older Americans will double by 2030, increasing from 35 million today to 72 million, and representing nearly 20 percent of the total U.S. population.



This May, we will once again celebrate Older Americans Month. This year's theme, *Choices for Independence*, reflects the continued commitment of Central District Health Department to help the counties we serve prepare for a larger aging population, and to bolster the efforts of baby boomers and older adults to achieve healthy aging. Independence for adults as they age relies on a balance of important elements: empowerment in consumer choice; healthy lifestyles that emphasize nutrition, physical activity, prevention, and active participation in one's health care; and access to the tools necessary to make informed decisions. Combined, these elements help all adults maintain the dignity they deserve, providing more opportunities to live longer independently while contributing to communities they cherish.

Central District Health Department supports the desire of older adults to live in their own homes and communities for as long as possible. We work knowing that the combination of independence and choice are essential to the pursuit of healthy aging.